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Cover: As summer approaches many members of the 125th will deploy to Iceland, Southwest Asia and South America to fill AEF 9 and 10 "pair" requirements.

Back cover: In 1999, the 125th Fighter Wing participated in its first AEF tasking by deploying to Incirlik AB, Turkey to support Operation Northern Watch.

Commander's Column

By Col. James A. Firth
125th Fighter Wing Commander

Perhaps the single most gratifying aspect of serving as your Commander is the opportunity I have to see the results of your combined efforts as a Wing.

To see you—so many people with impressive technical expertise in so many different unique professions, with so much accumulated experience and wisdom, as well as the intense dedication and sense of teamwork necessary to work together under often very challenging conditions, lean forward to accomplish so much, all in service to the United States—is truly humbling.

Over the past several months, so many people in the 125th have performed “above and beyond” to assure simply superb results in a number of important projects. I would like to highlight some of these projects, and to say ‘thanks’ to everyone that contributed.

In January, the Commander of NORAD/NORTHCOM, Gen. Ed Eberhart, and the Commander of 1st Air Force, Maj. Gen. Craig McKinley, asked the 125th to work with CNN to produce a short documentary highlighting current air defense alert and combat air patrol operations designed to protect the U.S. during the post-9/11 era.

It was quite a compliment to the 125th that we were asked by senior military leaders to work on such a high-visibility project, intended to promote public confidence in overall U.S. military operations in the global war on terrorism. Like so many projects, this initiative required the combined efforts of a rather extensive collection of functional areas within the Wing. Major John Black did an absolutely superb job as the overall project officer.

Lieutenant Col. T.G. Kyrakis flew with and worked extensively throughout the project with the CNN correspondent, Kyra Phillips. The entire C-26 office is commended for serving as both a simulated commuter airline during the documentary and as an airborne camera platform.

Major Earl Bittner in Public Affairs made huge contributions in producing the final product. The entire Maintenance Group made the flights possible and Master Sgt. Shaun Withers provided invaluable assistance to the CNN video crew.

The documentary was outstanding and was aired in primetime in the U.S. Tuesday, Jan. 13 and Wednesday Jan. 14, during the Kyra Phillips show. Thanks again to all involved for the truly great work.

If you haven't seen the documentary and would like to see it, please access the following Intranet links:

[\\fljack09\video\Air defense feature on CNN.wmv](#) / [\\fljack09\video\cnnlow.wmv](#)

During January, February and March, while we were performing our Noble Eagle mission, we were also preparing for our upcoming



The 159th Fighter Squadron is also scheduled to fill an AEF rotation in Iceland. In addition to all of the preparatory activities for inspection and war fighting, the 125th hosted several very important events.

February 9, the 125th hosted a ceremony to commemorate the new Pratt & Whitney -220 E-kit engines being installed in our F-15s and to thank the many people involved in making new engines for our aircraft a reality.

The list included Maj. Gen. Douglas Burnett and our elected officials. The ceremony heralded the most extensive list of high ranking dignitaries I've witnessed together during my 14 years in the FLANG.

Congressman C.W. “Bill” Young

(Chairman of the House Appropriations Committee), Congressman Ander Crenshaw, retired Gen. Lloyd Newton, (Senior Vice President for Military Customer Support - Pratt & Whitney), Maj. Gen. Douglas Burnett (Adjutant General of the Florida National Guard), Maj.

“It was quite a compliment to the 125th that we were asked by senior military leaders to work on such a high-visibility project, intended to promote public confidence in overall U.S. military operations in the global war on terrorism.”

ORI, Red Flag, a C-26 deployment, the Clinic's Health Services Inspection (HSI), and a number of Expeditionary Combat Support (ECS) deployments.

Transportation, Security Forces, Civil Engineering, Communications, Contracting and Public Affairs personnel have deployed or are expected to deploy in support of Operation Iraqi/Enduring Freedom requirements.

Continued page 4...

From page 3...

Gen. Craig McKinley (1st Air Force/ CONR Commander) as well as numerous Congressional staff members, National Guard Bureau officials and Pratt & Whitney representatives attended.

Virtually the entire base spun up for more than a month preparing for this important event.

Civil Engineering, Communications, Security Forces, Services, Multi Media, Maintenance, the engine shop, Operations Group, Major Earl Bittner and Public Affairs, Tech. Sgt. Karen Strandberg and the State Headquarters staff, including retired Command Sgt. Maj. Ray Quinn were heavily involved.

The entire event was absolutely superb and I would like to thank everyone involved.

A week and a half later, Feb. 18-19, Gen. Ralph "Ed" Eberhart, Commander of NORAD/

NORTHCOM, and his wife Karen visited the 125th.

Again, it was a great tribute to the Wing that out of all the bases currently performing the alert mission, Gen. Eberhart chose to visit the 125th and also 125FW Det 1 at Homestead.

During the visit, Gen. Eberhart flew a combat training mission in one of our F-15s.

Again, virtually the entire Wing was involved in preparations and Gen. Eberhart was extremely impressed with us.

March 5-7, the 125th hosted the first ever 159FS pilot's reunion.

The event was extremely rewarding providing the opportunity for 159FS pilots - including some of the original unit members from 1947 when the Florida Air National Guard was born - to see the unit we have become and for us to better understand our rich heritage of excellence and service.

The list of everyone involved in planning, preparing and executing

each of these events is too long to include here but I want to thank every single individual involved for the superb work, and the outstanding results.

I notice and respect the dedication each of you exhibit every day and I realize it takes outstanding work by every individual, in every functional area, from the most experienced to the most junior, to deliver these incredible results in everything we do.

I am proud to say the 125th Fighter Wing is truly one of the most respected units in the entire U.S. military.

It is truly an honor to serve with men and women of your caliber!

125th members attend education fair

By Master Sgt. Luther W. Hagy, III
125th Education and Training Office

The 125th Base Education and Training Office sponsored an education fair here March 27, 2004 in the maintenance hangar classroom. Approximately 90 125th members attended the function and were able to obtain answers to questions involving tuition assistance, school curriculums, class schedules, and degree requirements.



Cynthia Farmer, Nova Southeastern University, explains educational opportunities with Staff Sgt. Megan C. Scharfenstine and Senior Amn. Jessica A. Lindeke, of the 125th Medical Squadron, during the Education Fair.

Photos by Senior Master Sgt. Lea-An R. Steiner



Dr. Frank King, Liberty University, answers questions for SpC. Anthony L. Kohn, 146th Signal Battalion, during the Education Fair held here March 27, 2004.

Ten colleges participated: FCCJ, Embry Riddle Aeronautical University, Jones College, University of Phoenix, ITT Technical Institute, Southern Illinois University, Liberty University, Nova Southeastern University, Florida Metropolitan University, and Florida Coastal School of Law. Prospective students were able to choose from numerous subject curriculums ranging from associates, undergraduate, graduate, and doctorate programs.

For more education services information, please call (904) 741-7821 / 7822.

New 125th organization celebrates Women's History Month

*By Lt. Col. Julia A. Kyrakis
125th Fighter Wing Chief of Staff*

The 125th Fighter Wing's Women's Mentoring and Networking Organization held a luncheon to recognize Women's History Month March 25 in the Base Dining Facility.

Colonel Jeanette B. Booth, Florida Air National Guard Executive Support Staff Officer, and Chief Master Sgt. Susan E. Shonka, State Command Chief, were the featured speakers.

Colonel Booth and Chief Shonka are the highest ranking officer and enlisted women respectively, in the FLANG and have attained the most prestigious positions of any females in FLANG history.

Shonka reflected on her more than 30 years of FLANG service and how far women have come.

Booth's focus was on this year's Women's History Month theme, "women inspiring hope and possibilities."

The luncheon's sponsor, the Women's Mentoring and Networking Organization was founded in 2003 to motivate women, individually and collectively, to strive to improve the camaraderie amongst all FLANG females, throughout the ranks, and continue to create a more positive and supportive working environment for all.



Photo by Master Sgt. Shaun W. Withers

Colonel Jeanette B. Booth, FLANG ESSO, speaks to Women's History Month luncheon attendees, March 25, 2004. This year's luncheon was sponsored by the 125th Women's Mentoring and Networking Organization.

Air Force Association-Falcon Chapter News

*By Lt. Col. (retired) Ernie Webster
FLANGRA President*

The local AFA - Falcon Chapter meeting was held Friday, Feb. 20, from 11 a.m. to 1 p.m. in the 125th Base Dining facility. Retired Col. Frank Kozdras contracted with Blue Boys for a food order.

Colonel James A. Firth, 125th Fighter Wing Commander, provided a briefing to the attendee's highlighting some of the major events the Wing has

participated in recent years. The annual Falcon Chapter golf tournament is on the horizon and we need golfers!

The tournament will be held May 6 at the Orange Park Country Club.

We provide a \$1,000.00 scholarship to each Air Force ROTC unit in Duval and Nassau counties with the proceeds raised.

The top cadet that meets the requirements and is enrolled in college is awarded the scholarship.

The cost to participate is \$85.00 per player.

For that amount each player will receive lunch and the possibility of winning some nice prizes.

You also help a student that can use it.

Call me (904) 724-8782 or Frank Kozdras (904) 269-1363 if you are interested in participating.

If you can help us secure some prizes from merchants, we would greatly appreciate that also.



Photo courtesy of Mr. Larry Belge

AFA members pose for a photo after completing a luncheon meeting here Friday Feb. 20.

Photo by Major Richard E. Bittner



From the cockpit...

By Lt. Col. T. G. "Krazy" Kyrakis, II
125th Fighter Wing Safety Office

In January, CNN produced a mini documentary based on visits here and to the Southeast Air Defense Sector (SEADS) at Tyndall AFB, Fla. They wanted to shoot a story about ongoing North American Air Sovereignty Missions since 9/11. The idea for the story originated from a December 2003 article published in the New York Times that highlighted an air defense unit practicing shoot-down scenarios with real airliners.

Obviously, this story had the potential for being a public relations fiasco if not presented in an accurate manner.

To be honest, the stereotypical military member these days thinks that FOX News is its advocate, and CNN is more liberal leaning. When the 125th was informed of the potential for this story being told, most of us involved had our defensive hackles up. Luckily our preconceived notions proved to be totally unfounded.

The reporter, Kyra Phillips, previously flew several Top Gun sorties in an F-18, an air-combat-training mission in an F-14 over the Persian Gulf, a patrol and reconnaissance mission in a Navy P-3 and a flight with the Navy Blue Angels during an air show. She also spent four months on the USS Abraham Lincoln during Operation Iraqi Freedom.

When I told I was going to fly this accomplished aviation enthusiast who has also participated in SWAT and Navy SEAL training, I asked if we had flight gear in her size. Our on-the-spot PA folks informed me she was bringing her own flight suit and boots. It was at that point I realized I could probably skip the "air sickness procedures" portion of the pre-mission brief.

The day prior to the flight Phillips completed standard egress training and both the C-26 and the F-15 B-models were rigged with "lipstick" wide-angle cameras. The C-26 was to be our "target" simulating a hijacked airliner.

We have carried out missions like this for many years now. Most of you know this but the general public does not therefore we wanted the story to accomplish several major goals.

The main goal was to assure the American public that all parts of the Air Defense Mission are in high gear at all times to protect North America from any air attack and that the forces accomplishing this mission are well-trained and highly disciplined.

Next we wanted the story to highlight that there is no chance at all of an accidental shoot-down of a civilian airliner.

We also wanted to educate the general aviation public that, if indeed, their aircraft was intercepted by a military fighter they would know what to expect. So the day of the actual mission, Phillips spent most of her time on the ground and in the air asking me questions on our procedures for the intercept to ensure an accurate portrayal as she pieced the story together. We accomplished the intercept, recorded the footage of wing rocks and flares dispensing (normal intercept procedures) and then flew to Tyndall where a second CNN crew shot the mission as it occurred from the control room perspective at SEADS.

The next step was to wait to see how the story came out and hope that we wouldn't all look like buffoons (as is common with some media events).

As the story aired during prime time the night of Jan. 13, we all saw another Emmy-potential piece from a "fighter-pilot-of-a-reporter," and changed most of our perceptions of how CNN goes about conducting its business. Colonel Firth completed a follow on interview with Phillips "live" Jan. 14 allowing another opportunity for the 125th to gain positive national and international exposure. This was truly a team effort to present the opportunity for a great story.

Major John Black coordinated the entire scenario with SEADS and the C-26 office and Lt. Col. Benji Blackman and Major Mike Prinzi flew the "Wacker" on the mission. I'd be remiss if I didn't include our superior maintenance organization for all their hustle and the perfect jets. Also, Master Sgt. Shaun Withers added to the piece with some great shots from the backseat of the F-15.

Here We Go Again!

By Lt. Col. Steven E. Thompson
125th Fighter Wing Chaplain

The AEF rotation cycle has once again spun in our direction. Many of our fellow Guardsmen will be tapped and tasked for various deployments during the next 12 months or so. Good questions for each of us to ponder are, "Am I ready to go?" and "Am I ready to stay and support those who go?"

In so many ways we are like children. Those who have chocolate ice cream want strawberry. Those with strawberry want vanilla and those with vanilla want ... you get the picture. It seems part of our emotional genetic makeup to want what we don't have. Similarly, you may be chosen to participate in an AEF mission that you are less than enthusiastic about. You may be left behind when you were hoping to go.

Or, you may be sent on one rotation even though you wanted to go on another. Sort of brings to mind that little saying that your parents repeated so often when you were complaining that things were not going your way...

"That's not fair."

Well, like life, AEF opportunities are not always fair. But, it is up to each of us to be ready to go or stay behind and support those who do go. That brings us back to the original questions and introduces an additional one, "How do I get ready?"

Let me share some suggestions about the latter.

First, *trust your training*. Our military has been successfully training folks to do their jobs for a long time. Just ask "Too-Bad, So-Sad" Hussein!



Second, *follow your orders*. We all play a significant part in a much larger whole. The chaos as it appears from our perspective probably makes a lot more sense just a few steps away.

Third, *take care of your buddy*. The Bible instructs us in Ecclesiastes 4:12, "If one can overpower him who is alone, two can resist him. A cord of three strands is not quickly torn apart."

The bottom line is that we are all part of a team. As in football, your defense is not on the field when your offense has the ball and vice-versa. But, the defense cheers when the offense does well and the offense rejoices when the defense succeeds. Focus on these three and not only you, but the whole team will be ready for whatever is thrown our way.

Oh, there is another way to complete that little saying you heard so often from your parents: "Life is not always fair ... but God is always faithful!" (2 Timothy 1:12) God Bless You! Chaplain

Speaker shares career story during luncheon

By Major Richard E. Bittner
125th Fighter Wing Public Affairs

The 125th celebrated Black History Month, Tuesday, March 9, with a potluck luncheon in the base dining facility. Approximately 100 wing members availed themselves to an overabundance of food and a great speaker.

James "Shack" Harris, vice president of player personnel for the Jacksonville Jaguars, and his wife



Photo by Master Sgt. Shaun W. Withers

Vickie were our guests for the lunch. Harris, who joined the Jags January 2003, is responsible for all player acquisitions, including the annual college draft, unrestricted free agents, veteran free agents, trades and undrafted rookies.

Harris was the director of pro personnel for the Ravens from 1997 until joining the Jaguars. He was the New York Jets' assistant general manager for four years (1993-96) after scouting for six seasons for the Tampa Bay Buccaneers (1987-92). A former quarterback, he played for the Buffalo Bills (1969-71), L.A. Rams (1972-76) and San Diego Chargers (1977-81). He was drafted in the eighth round by the Buffalo Bills (1969) out of Grambling where he was coached by college football's winningest coach, Eddie Robinson. During his 12-year career in the NFL as a quarterback, Harris led the NFL with an 89.8 passer rating in 1976 and was named MVP of the 1975 Pro Bowl when he rallied the NFC to a 14-13 victory with two touchdown passes.

Harris shared the story of his career, from humble beginnings to the number two position with the Jags and answered questions about their upcoming season.

Beyond The Call Of Duty:

Guardisman gives lifesaving marrow to Hodgkin's Lymphoma patient

By Staff Sgt. Michelle L. Thomas
125th Fighter Wing Public Affairs

When Master Sgt. Brian M. Blaquiere, intelligence specialist for the 125th Fighter Wing, first donated blood during a FLANG blood drive in 1990, he hoped there would be a match.

A match because he wasn't simply donating blood for a typical weekend-drill blood drive.

"I donated a sample of blood for the Department of Defense (DOD) C.W. Bill Young Bone Marrow Program," said Blaquiere, a homicide detective for the Jacksonville Sheriff's Office. "The program tries to help give life saving stem cells to recipients with diseases such as cancer."

Located in Kensington, Md., the program is responsible for supporting DOD volunteers, ages 18-60, who are interested in serving as bone marrow donors.

Volunteers include active-duty military members and their dependents, DOD civilians, members of the Coast Guard, and members of the various reserve components.

The DOD has a large number of people to draw from and the



Master Sgt. Brian M. Blaquiere pauses for a photo before entering the room where he donated precious lifesaving stem cells to a Hodgkin's Lymphoma patient, Dec. 22, 2003.

program is voluntary for military members, said Blaquiere.

August 2003, 13 years after his blood sample was submitted to a database for a possible future match, the program office notified him that he was a possible match for a 27-year-old male with Hodgkin's Lymphoma.

"Over the next couple of months, I traveled to Naval Air Station,

Jacksonville for a series of blood draws and other medical procedures," said Blaquiere.

On at least two occasions, blood kits were shipped to NAS JAX for further tests and were immediately delivered back to the bone marrow center.

As the tests continued to

come back normal and compatible, NAS JAX scheduled Blaquiere for a thorough physical exam that included a chest x-ray, colon exam and a series of blood tests.

Finally, after an exhausting screening process, a donation date was set for Oct. 22, 2003.

"Over the next several weeks, I communicated with the bone marrow liaison, David Means," said Blaquiere.

Means is responsible for making all of the travel arrangements and appointment scheduling either in Jacksonville or at Georgetown University Hospital in Washington, D.C., the contracted site for the DOD bone marrow program.

Blaquiere arrived in D.C. Oct. 17, five days before the donation date, to start of a series of Filgrastim injections to increase his bone marrow (stem cell) production.

He received two shots of the drug each day, including the day of the donation. During the series of injections, the new marrow is produced along with new cells.



Georgetown University Hospital, located in Washington, D.C., is the contracted donation site for the DOD bone marrow program.

Part of the cell production includes stem cells, which are newly formed and of high quality, key for a successful donation.

On donation day, Blaquiere stayed in a room where he was required to lay completely still with one arm extended for five hours and 34 minutes. As he 'rested,' pints of blood taken out of his arm circulated through an aphaeresis machine—an apparatus similar to a dialysis machine. This process, Peripheral Blood Stem Cell (PBSP) collection, is an experimental procedure, unlike the more commonly known procedure of drilling into the bone to retrieve bone marrow.

"I am thankful that I didn't have any problems with the procedure," said Blaquiere. "Other than my arms and back hurting a great amount, I felt fine."

The bag of blood (cells) was prepared for shipping and later delivered to an undisclosed location. Blaquiere will have the opportunity in a year to find out if the recipient wants to meet or disclose their name and hometown.

Until that time, they can write letters back and forth, but the letters will be screened by the bone marrow center for name disclosure.



Photos by Monica H. Blaquiere

Blaquiere has his vital signs taken before starting the more than five-hour long stem cell harvesting procedure.

"I hope the person wants to meet," said Blaquiere.

There is a chance the new cells will be rejected by the recipient or he may die for some other reason not related to the donation.

"If the latter occurs, I still believe it was worth every effort on everyone's part," said Blaquiere.

According to the publication entitled, "Now That You Are A Match," the probability of survival following unrelated donor marrow transplants ranges from 19 percent for those patients with, for example, poor-risk leukemia to 55 percent for patients with genetic disorders. Good-risk patients (those who received transplants when their disease was in an early stage) have approximately a 50-55 percent chance of long-term disease-free survival.

It is simple to donate. The center holds registration drives at military installations throughout the country.

As in Blaquiere's case, a volunteer signs a consent form, allowing their name to be listed on the DOD

and National Marrow Donor Program registry. He or she also gives some basic personal and medical information. After the potential donor provides a blood sample the program determines marrow type and then enters this information into the DOD and National Marrow Donor Program registry.

For privacy, all information entered into this registry is coded so volunteers can only be identified by C.W. Bill Young/DOD Marrow Donor Center personnel.

Marrow transplant medical teams worldwide can search this registry to identify potential donors for their patients. Those individuals identified as matches are notified of their status and asked to sign an additional consent form to continue the process.

For those who choose to continue, a second sample of blood is then collected to confirm precise compatibility. If compatibility with the patient is confirmed, volunteers are given one more chance to either continue the process or withdraw. If they choose to continue, like Blaquiere, they travel to Georgetown University Hospital for a physical exam and additional health testing. After these tests are completed, a donation date is scheduled.

For information about the C.W. Bill Young/DOD Marrow Donor Program or donor registration drives, call toll free 800-627-7693.



The stem cells above were collected from Blaquiere and then sent immediately to an undisclosed location.

Red Flag exercise offers realistic battlefield

*By Major Richard E. Bittner
125th Fighter Wing Public Affairs*

125th Fighter Wing pilots and maintenance personnel deployed to Nellis AFB, Nev., March 13-27, to participate a Red Flag exercise.

Red Flag is a realistic combat training exercise involving the air forces of the United States and its allies (England, the Netherlands, Singapore and Spain among others participated in this "flag").

Conducted on the vast bombing and gunnery ranges at Nellis AFB, it is one of a series of advanced training programs administered by the Air Warfare Center and Nellis, through the 414th Combat Training Squadron.

During a typical Red Flag exercise, Blue Forces (friendly) engage Red Forces (hostile) in combat situations. Blue Forces are made up of units from ACC, AMC, USAFE, PACAF, ANG, USAFR, Army, Navy, Marine Corps and allied air forces.

They are led by a Blue Forces commander who orchestrates the employment plan. During this years' deployment, Col. James A. Firth, 125th Fighter Wing Commander and Col. Scott K. Stacy, 125th Vice Commander each acted as Blue Force commander for one week.

Red Forces are composed of Red Flag's

Adversary Tactics Division flying the F-16 and provides air threats through the emulation of enemy tactics.

They are often augmented by other U.S. Air Force, Navy and Marine Corps units flying in concert with electronic ground defenses, and communications and radar jamming equipment.

Colonel James O. Eifert, 125th Operations Group Commander, said that this was one of the most intense Red Flags he has ever participated in.

The typical Blue Force package in past exercises, consists of 40 or more aircraft. This flag boasted a Blue Force package of 70-80 airplanes.

The focus on night vision goggle operations also made for some brutal debriefing sessions and extremely long "days".

Each Red Flag exercise normally involves a variety of interdiction, attack, air superiority, defense suppression, airlift, air refueling and reconnaissance aircraft. Since combat is no place to train aircrews, Red Flag provides a peacetime "battlefield" in which combat air forces can train. Inside this battlefield, aircrews train to fight together, survive together and win together.



A 125FW crew chief recovers a 125th F-15 after a Red Flag sortie.



Photos by Staff Sgt. Chuck L. Ellison



ABOVE: A 125FW F-15 Eagle takes on some gas courtesy of a 186ARW KC-135 from the Mississippi ANG above the desert terrain of Nevada during Red Flag 2004.

RIGHT: Colonel Jim Firth and Lt. Col. Bob Wetzel complete post flight requirements after a Red Flag sortie as 125FW crew chiefs standby at the ready.



125th Fighter Wing holds readiness training week

By Lt. Col. Robert J. "Rufio" Wetzel
125th Fighter Wing Exercise Eval Chief

February 23-27, 2004, the Readiness Safeguard Team from Volk Field CRTC, Wisconsin, provided readiness training to our full-time staff and a limited number of Drill Status Guardsmen.

The objective for the week was to increase the wing's Ability to Survive and Operate (ATSO) in high-threat combat environments. The ATSO training was focused on the full-time staff so they will have the skills necessary to train the rest of the wing.

Monday through Wednesday, classroom and hands-on training covered topics such as post attack reconnaissance, bunker building, shelter management, self-aid and buddy care, contamination avoidance and control, and decontamination procedures.

In addition, many of our functional teams received in-depth specialized training.

Participants practiced these skills during a day-long base wide exercise on Thursday.

As a result of the training and exercise, the 125th has greatly improved its Full-Spectrum Threat Response (FSTR) skills and has identified several areas that need further attention.

These lessons will be documented in the exercise report and will receive special attention in the near future.

I've also become aware that many of our airmen have raised several questions that I would like to answer.

Have you wondered, "Why the special efforts?" or "Isn't our Operational Readiness Inspection (ORI) still two years away?"

If you are under the impression that extraordinary efforts are being made to prepare for an inspection, you need to adjust your thinking.

Our wing is busy every day with many things.

Most of these duties deal with sustaining our force. Therefore, they are important and cannot be easily put aside.

Are they more important than being prepared for combat operations?

I'm sure we would all conclude the answer is NO.

After all, what is the use of sustaining a force that lacks a sharp sword to strike and a strong shield for defense?

Have you been thinking, "What's so new? I've been through this before?"

The Air Force has spent the last decade developing new doctrine concerning FSTR. In the past, the Army established Counter-Chemical Warfare Contingency Operations (CCW CONOPS) for the Department of Defense and the other services followed.

The Air Force learned during Desert Storm that existing doctrine did not meet the unique needs and capabilities of air power.

As a result, the Air Force now has new ways of continuing operations in a chemical or biological environment.

These new methods are less doctrinal and provide commanders greater flexibility and capability. However, these improvements in CCW CONOPS demand sound judgment at all levels.

Improving operational judgment can only be derived from an increase in information, knowledge, and experience.

During the training, the 125th demonstrated an awesome ability to adapt and learn.

This became especially evident during the exercise portion.

With wing members regularly deploying into harms way, our focus must remain keenly on making those war fighters ready for the challenge.

Please do all you can to prepare yourself and those you supervise.

To a true airman, combat readiness is a way of life - not an event.



Photo by Master Sgt. Lawrence J. Show

A member of the Volk Field training cadre briefs 125th personnel on the proper procedures for protecting essential equipment from chemical or biological contamination.

Bivouac prepares civil engineers, PERSCO for field environment

By Tech. Sgt. Julie A. Fisher

125th Civil Engineer Squadron/Readiness Office

Members of the 125th Civil Engineer Squadron participated in a bivouac at Camp Tootsie March 27-28.

The March UTA bivouac familiarized Civil Engineering members with deployment operations in a field environment.

In preparation for the training, CE members set up temper tents, field showers, a water buffalo and



(Left to right) Tech. Sgt. Susanne M. Ottlein, Staff. Sgt. Angela F. Lee and Master Sgt. Melinda C. Skeete, 125th Mission Support Flight, perform PERSCO duties during the bivouac.

numerous generators not only for the purpose of training, but also for actual use during the weekend bivouac.

Troops were briefed and received hands on training throughout the weekend on Post-Attack Reconnaissance (PAR) team methods, radio operations, Damage Assessment Response Team (DART), anti-terrorism operations, and generator and vehicle operations.

This was a new experience for some CE members.



Photos by Senior Master Sgt. Lea-An R. Steiner

125th Civil Engineering Squadron members leave Camp Tootsie for special training in another location on base during the bivouac held here March 27-28, 2004

"This was my first bivouac with CE. The training was good and I learned things I never knew before," said Airman 1st Class Daniel A. Redmon, 125th CES Power Production Shop.

Civil Engineer members were processed through a mobility line by a PERSCO team.

They listened to various briefings related to deployment, including arrival and sustainment actions and personal readiness.

Several members of the PERSCO team participated in the training in direct support of CE, but they also took the opportunity to complete some of their own training while out in the field.

"We need the experience of a bivouac like this to be able to process people in the real world," said Senior Master Sgt. Daniel L. McKendree, NCOIC of the PERSCO team.

The bivouac not only fulfilled a requirement for civil engineering but also served as an opportunity to prepare for the unit's upcoming AEF deployment.

"The timing of the bivouac allowed us to concentrate on the training necessary to prepare our people for the upcoming deployment to Iraq," said Lt. Col. Joseph W. Mihalik, 125th Base Civil Engineer. "We accomplished a lot that we could not have accomplished during a typical drill weekend. Our people are much better prepared and oriented for our upcoming deployment."



Master Sgt. Mathew S. Rohm, 125th Civil Engineer Squadron leaves Camp Tootsie to pick up supplies during the bivouac training.

125th Fighter Wing hosts first ever pilot reunion

By Lt. Col. (retired) Ernie Webster
FLANGRA President

Former and current pilots of the 159th Fighter Squadron, 125th Fighter Wing held their first ever reunion March 5-7, 2004. The idea for the reunion was the brain child of Brig. Gen. Buddy Titshaw, current adjutant general for air and a former 159th fighter pilot.

Colonel Alan Rutherford, FLANG Director of Operations, spearheaded the reunion efforts at State Headquarters and Lt. Col. John Hayden took the lead for event planning at the Wing with a lot of help from Lt. Col's Gooch Whittemore and Benji Blackman as well as a host of others from the Wing.

Retired Col. Sam Carter and I worked the retiree list with a lot of help from any one who knew or had ever heard of a pilot that might have flown with the 159th. Fighter Wing historian Master Sgt. Susan Mason was a tremendous help securing data on former members.

We also had help from the public affairs office.

The real data came from the older troops.

Retired Colonels Jim Higgins, Terry Biggerstaff and retired Lt. Col. Bob Mason provided the majority of information used.

We came up with 195 pilots, 41 of whom were deceased. Ninety letters were sent to individuals as invitations plus additional informal invites via known e-mail addresses. We had 85 pilots attend most of the events.

About 20 pilots could not be located so it was a very successful endeavor.

Several attendees's traveled great distances to be with us including Howard and Betty Batten from Minnesota and Joe Corey from California who traveled the furthest distance. Our thanks go out to everyone who made the effort to join us for the reunion activities.

The event began with a registration and current mission briefing at noon at the 125th Friday, March 5. Each pilot, who chose to purchase them, received a new edition unit coin and mug along with an embroidered golf shirt.

The Wing multi media troops then produced group photos of every one who showed up who had flown one of the 17 different aircraft flown by the 159th since 1947.

The photos were taken in front of the current 125th fighter, the F-15 Eagle.

Friday evening the pilots spent time telling war stories and reminiscing at the beautiful home of retired Lt. Colonel's Jim and Michelle Agee. Jim Higgins and Terry Biggerstaff talked about the 1958 William Tell competition and the Rix Trophy Race.

Saturday, six teams played 18 holes of golf at the Orange Park Country Club followed by a delightful sit down dinner with spouses at the Club. During the dinner, Bob Mason presented a very informative presentation on the early days of the unit and the Korean War deployment.

All in all, it was a delightful evening. Sunday, retired Lt. Col. Bucky Burney and Chaplain (Lt. Col.) Steve Thompson and the 125th Base Honor Guard conducted a memorial service at the FANG F-106 Cold War Memorial at Camp Blanding, Starke, Fla.

After a solemn reading of the names of our deceased airmen, the Honor Guard rendered a 21 gun salute and taps.

Two 125th F-15s followed by David Marco in his P-51 Mustang completed a fly-over and provided a fitting end to the service and the weekend activities.



Pictured above:
Current and former pilots of the 125th Fighter Squadron pilots from

Pictured left:
The capstone to the March 5-7 reunion by name during the service.



Photo by retired Senior Master Sgt. Robert H. Ianner



Photo by Master Sgt. Lawrence J. Shaw

5th Fighter Wing gather for a group photo during the Friday, March 5, pilot reunion registration activities conducted here. Some of the original the FLANG's 1947 origin gathered for the reunion and shared stories of their exploits carried out during WWII and the Korean War.

ion activities was a memorial service conducted at Camp Blanding JTC, Fla., Sunday March 7. Deceased pilots were individually remembered

inbrief



Chief's Words

*Chief Master Sgt. Charles W. Wisniewski
125th Fighter Wing Command Chief*

March 19-20, I had the privilege of attending the FLANG 2003 Airmen of the Year award activities in St. Augustine. It was extremely gratifying to witness the pride each Airman exuded during the Friday night social and Saturday afternoon luncheon.

I would like to encourage all of our senior noncommissioned officers who are in the position to submit your personnel for awards or promotions, to take that responsibility to heart.

If you supervise an individual that does something above and beyond, make a note of it, and when it is time to submit someone for Airmen of the Quarter look over your notes and take the time to put a package together and ensure your Airmen are recognized.

The same is true for promotions.

When your troops complete all the requirements we levy on them to get promoted, it is our job to do the required paperwork and submit their package ASAP.

I can, even at my advanced age, still remember my promotion to staff sergeant and how proud I was to finally pin on NCO stripes.

We all are very busy and we all have way to much work to do. We still need to remember, as senior NCOs, that one of our most important jobs is mentoring, training, recognizing and promoting our Airmen and junior NCOs.

Security Issues

*Master Sgt. Mark J. Perry
125th Antiterrorism Coordinator*

The recent terrorist incident in Madrid, Spain reminds us again of the reality of how vulnerable we are to a terrorist attack. It also brings to light the reality that this is a threat we are going to live

with for a very long time. As the war on terrorism continues, the terrorists also continue to plan their next target of opportunity.

As are most terrorist attacks, the Madrid train was targeted most likely because it was a soft target and would provide a high casualty rate. This attack easily could have occurred right here in America and most intelligence experts agree that another attack will happen again here in our homeland.

As summer approaches and families plan their vacations, it is important that you include family security preparations in your travel plans.

This can be accomplished by spending time reading information about the area you plan to visit.

A handy research source is the State Department's Travel and Global Patterns of Terrorism website at,

<http://www.state.gov/travel>.

If you are planning to travel out of country, we highly recommend a visit to this site. If your plans are to visit a city in the United States, a criminal threat is as real as a terrorist one.

Remember to always remain aware of your surroundings and report any suspicious object or incident that you may observe to the nearest law enforcement or security personnel immediately. Whether you are traveling by plane, train, boat or bus pay attention to your luggage and proceed immediately to the boarding area.

When dining out, always sit away from windows and know the emergency exits in order to make a safe exit in the event a situation occurs.

When driving in an automobile, always keep your doors locked and windows up and keep adequate spacing between you and the vehicle in front of you in order to avoid the possibility of being boxed in.

When staying in a hotel or motel, request an inside room away from the street and on the second through the fifth floors. Familiarize yourself with the emergency exits.

Avoid using your military affiliation when making any reservations and try not to draw attention to yourself or your family.

Remember to keep a low profile, stay alert and be unpredictable.

Should you have any questions concerning antiterrorism or family security measures contact the 125th Fighter Wing Antiterrorism Force Protection office (904) 741-7866.



Joining the Florida Air National Guard affords members the opportunity to learn a marketable skill and to travel, as well as receive a part-time paycheck. Also, if qualified, you'll receive 100% college tuition assistance.

Some of the areas currently available for service with the 125th Fighter Wing include: Survival Equipment, Aircraft Hydraulic Systems, Aircraft Metals Technology, Aircraft Structural Maintenance, Logistics Plans, Vehicle Operations, Utilities System, Pavements and Construction Equipment, Electrical Power Production, Environmental Controls, Liquid Fuels Systems Maintenance, Security Forces and Biomedical Equipment Maintenance.

Contact a FLANG recruiter by calling 1-800-824-8495 or check the web: www.goang.com.

Air Force One Source:

Real help for Guard families 24/7

By Ms. Beth Eifert
FLANG Family Readiness Coordinator

One of the challenges of Guard life is geographical separation - from each other, and from the Guard unit itself.

Unlike active duty families, life does not revolve around a base where many helpful support agencies are found; yet, the changing role of the Guard has made us vulnerable to many of the same difficulties: financial struggles, personal or marital issues stemming from deployment, child care, etc.

Now there is help, 24/7.

Air Force One Source (AFOS) is a free service that began earlier this year and is staffed with masters-level personnel who are available online and via the telephone.

They provide around-the-clock counseling, information and support services on a variety of topics, including parenting, education, care of the elderly, mid-life and retirement, deployment and reunion, finances, benefits, legal issues, relocation, emotional well-being, and grief and loss.

The call center provides access to professional consultants - real people to talk to when you need help.

Their research and quality departments offer the most current information available to military families.

The award-winning website provides online articles, workshops, interactive self-assessments, and other programs.

Military families can also request free booklets, audio recordings, and other helpful materials. Further, AFOS provides referrals to local resources and programs.

You can access Air Force One Source online at www.airforceonesource.com using the identification "airforce" and the password "ready," or by toll-free phone number (800) 707-5784.

The service offers counselors who speak Spanish or simultaneous translation into more than 140 other languages, and is accessible internationally at (800) 707-57844 (dial all digits) or international collect at 484-530-5913.

Please take advantage of this wonderful resource. FANG Family Readiness (904) 741-7027, www.fangfamilies.org

Family Day to be held May 23

The 125th will celebrate families by hosting a Family Day Sunday, May 23, 10 a.m. to 2 p.m.

This event, the first since December 2000, will be a carnival-themed event offering free food and entertainment, including a Robin Williams impersonator; Jacksonville Jaguar players and cheerleaders; games; inflatable bounce-rides; an aircraft display, motorcycle and car exhibition; a free raffle; and lots of prizes!

Mark your calendar now!



Photo by Staff Sgt. Michelle L. Thomas

New engines for 125th Fighter Wing's F-15 Eagles

*By Major Richard E. Bittner
125th Fighter Wing Public Affairs*

The 125th Fighter Wing paused briefly Monday, Feb. 9, 2004 to ceremoniously acknowledge the ongoing transition to the Pratt & Whitney F100-PW-220E jet engine.

The ceremony was attended by hundreds of FLANG members, U.S. Congressional delegates or their representatives, the media and representatives from NGB, ACC and Pratt & Whitney.

Due to the efforts of Adjutant General, Maj. Gen. Douglas Burnett, and our Congressional delegation, the 125th was the first F-15 Air Guard unit in the continental United States to receive upgraded Pratt & Whitney -220 engines for its 19 aircraft. The benefits of the new engines include a tremendous increase in sustainability, a dramatic reduction in operating costs, a

significant reduction in required maintenance, and last but not least, a tremendous safety enhancement.

Performance improvements include a significant increase in thrust, and unrestricted throttle movements at all altitudes. The upgrades should be completed sometime in the middle of 2005. "Re-engining our F-15s is one of the most cost effective ways of supporting our airmen in their dynamic role," said Burnett.

The "new" engines are actually early model F100-PW-100 engines that are converted to PW-220E engines using a F100-PW-220 equivalent kit or "E-kit".

The converted engines cost less than half that of a new production PW-220 engine.

The term "E-kit" is derived from the fact that performing the upgrade brings a F100-PW-100 engine up to

the equivalent specification in thrust and reliability of a production model F100-PW-220 engine. The upgrade offers many new technologies unavailable in the older engines. For example, the 220E can diagnose itself with the DEEC (Digital Electronic Engine Control) and has its own engine self-trimming capability.

"Accomplishing all that we have at the 125th (with this conversion) has taken a great deal of teamwork on the part of a lot of people. That's why it was so important to have the rollout ceremony - to say thank you to as many people as we could," said Col. James A. Firth, 125th Fighter Wing Commander.

"One of those people we wanted to thank was Gen. Burnett who was instrumental in finding support for the Congressional funding we needed to re-engine our F-15s. Burnett garners great respect amongst leadership in the Guard and in Congress because of his extensive experience as both a military command pilot and a commercial airline pilot for more than 22 years" said Firth.

"This program is an excellent illustration of the success that can be realized when Guard leadership, dedicated legislators, and the contractor community work together to support the war fighter in the defense of freedom. Teamwork is tremendously important at the Florida Air National Guard. It's even more important now that we are receiving more capable and sustainable engines in our F-15s. What we will learn in the process will be passed along to other Air National Guard units in order to help them have a smooth transition with the PW-220E engines" said Firth.



Photo by Master Sgt. Lawrence J. Shaw

The Honorable C. W. Bill Young, Chairman of the House Appropriations Committee, joins Senior Amn. Geoffrey L. Overcash, 125th Engine Shop, in cutting the ceremonial ribbon marking the transition of the 125th Fighter Wing to the F100-220 engine, as the Honorable Ander Crenshaw looks on. The rollout ceremony was conducted Feb. 9 here to acknowledge the significance of the new engine upgrades even as the two-year process to upgrade all the 125th F-15's continues.

NORTHCOM/NORAD Commander visits the 125th Fighter Wing

By Major Richard E. Bittner
125th Fighter Wing Public Affairs

General Ralph E. "Ed" Eberhart, Commander - U.S. Northern Command and North American Aerospace Defense Command (NORAD), Peterson Air Force Base, Colorado paid the 125th and Detachment 1 at Homestead ARB, Fla. a visit Feb. 18-19, 2004.

General Eberhart visited our detachment the morning of the 18th before flying to Jacksonville to visit with the 125th. Eberhart's world wind tour included stops at the 159th Fighter Wing in New Orleans, La. the 19th and a visit to the 147th Fighter Wing in Ellington, Texas the 20th.

The purpose of the visit was to just say hello and get a feel for how we are all doing in the field.

Eberhart, who is responsible for the air defense of North America, toured the alert facilities at the Det. and those located here at the 125th and received a FLANG and 125th issues brief from Col. James

A. Firth, 125th Fighter Wing Commander.

Eberhart was treated to an F-15 orientation flight in aircraft # 125

received a ride he would not soon forget.

General Eberhart's wife Karen joined him on the facilities tour

and together they enjoyed dinner with Maj. Gen. Douglas and Judy Burnett at the River Club downtown.

After the visit, Col. Firth thanked everyone who contributed to making Eberhart's visit to the 125th and the Det. at Homestead such a great success.



Photos by Master Sgt. Shaun W. Withers

Florida National Guard and 125th Fighter Wing leadership wait for Gen. Ed Eberhart to deplane Feb. 18 as he arrived for a two day visit and unit update.

that was recently re-engined with two new 220E's. Major John "Homer" Black ensured the general

"I truly appreciate all the tremendous effort by so many to plan, prepare and execute all aspects of our support to Gen. Eberhart during his visit. Thanks to the excellent planning and execution, the entire event was absolutely outstanding. General Eberhart had a great opportunity to see the incredible people of the 125th Fighter Wing and our impressive capabilities as a unit. Gen. Eberhart was extremely complimentary of our people and our operations at both Homestead and Jacksonville, and both Maj. Gen. Burnett and Brig. Gen. Balskus asked that I pass along their praise and thanks for a superb, professional event," said Firth.



Senior Master Sgt. Richard F. Larson, 159th Fighter Squadron, life support NCOIC, assists Gen. Eberhart with his flight gear before Eberhart's training sortie in one of the 125th's F-15's.

News from HQ

Oustanding Airman of the Year award recognizes the best of the best

By Senior Airman Thomas Kielbasa
Florida National Guard Public Affairs

ST. AUGUSTINE, Fla. (March 20) — Six members of the Florida Air National Guard were selected as the “best of the best” during the organization’s 2004 Outstanding Airmen of the Year awards presentation, Saturday at the Holiday Inn in St. Augustine Beach.

Brig. Gen.

Joseph Balskus, chief of staff for the Florida Air National Guard, presented awards to airmen from units throughout the state for the categories of Airman, Non-Commissioned Officer, Senior Non-Commissioned Officer, First Sergeant, Honor Guard

Member, and Honor Guard Manager.

Selected were: Senior Airman Kristian Kobilis of the 114th Combat Communications Squadron as Airman of the Year; Tech. Sgt. Christie Watson of Southeast Air Defense Sector as Non-Commissioned Officer of the Year; Master Sgt. Carl Collins of Southeast Air Defense Sector as Senior Non-Commissioned Officer of the Year; Master Sgt. Daryl Zoller of the 125th Fighter Wing as First Sergeant of the Year; Staff Sgt. Brenda Wisham of Southeast Air Defense Sector as Honor Guard Member of the Year; and Master Sgt. Lynn Boop of Southeast Air Defense Sector as Honor Guard

Manager of the Year. These Florida Air National Guard winners will go on to compete at the National Guard level, and those winners will then compete against active duty Airmen at the Air Force level.

Brig. Gen. Balskus spoke to the selected Airmen and attendees after the awards presentations, thanking them for their efforts and recognizing their achievements.

outstanding present, and exciting future in the Florida Air National Guard,” added Balskus.

Airman of the Year

Senior Airman Kristian Kobilis is a Satellite, Wideband and Telemetry Systems Journeyman assigned to the 114th Combat Communications Squadron at Patrick Air Force Base. He

enlisted in the Florida Air National Guard in 2000 and works as a full-time management analyst at Patrick. Kobilis is also attending Brevard Community College where he is working toward two separate degrees in Computer Engineering Technology and Electrical

Engineering, and was recently inducted into the National Honor Society. During the holidays Kobilis organizes and participates in toy drives for the Mustard Seed foundation and other charities.

Non-Commissioned Officer of the Year

Technical Sgt. Christie Watson is an Air Surveillance Technician performing air sovereignty defense missions with the Southeast Air Defense Sector (SEADS) at Tyndall Air Force Base. She enlisted in the U.S. Air Force in



Photos by Senior Amn. Thomas Kielbasa

“This program wasn’t just thrown together,” he explained. “It was carefully planned to loudly proclaim how much the effort and contributions of the Airmen, NCOs, Senior NCOs, First Sergeant, Honor Guard member and Honor Guard Manager were appreciated.”

The general challenged the Airmen of the year to motivate other members of the Florida Air National Guard through their initiatives.

“You are the best of the best and we are proud of you,” he said. “Now, I ask that you go back out into your organizations and infuse some of yourself in others. Invest in others so they too will understand we are a part of a proud heritage, an

Continued next page...

1994 and joined the Florida Air National Guard in 1998. Watson is also continuing her civilian education, and is working toward degrees in Space Operations Technology and English Education from Gulf Coast Community College. She is active in several Air Force and National Guard associations, and is President of the Sector Action Committee.

Senior Non-Commissioned Officer of the Year

Master Sgt. Carl Collins is the Superintendent of Maintenance Engineering, Logistics Section, Director of Support for SEADS at Tyndall Air Force Base. He joined the U.S. Air Force in 1986, and joined the Florida Air National Guard in 2000. He holds two associate degrees through the Community College of the Air Force, and has a Bachelor of Science Degree in Management/Human Resources from Park College.

His hobbies include sports, flying, and reading, and he plans to complete a Graduate Degree in Human Resource Management.

First Sergeant of the Year

Master Sgt. Daryl Zoller is a first sergeant assigned to the Logistics Readiness Squadron of the 125th Fighter Wing in Jacksonville, Fla.

He has served with the 125th Fighter Wing since 1988, and graduated from the First Sergeants Academy at Maxwell Air Force Base, Ala., March 2003. He serves as the Vice President of the 125th Fighter Wing First Sergeants Council. He also volunteers during the holidays for Operations Christmas Stocking.

Honor Guard Member of the Year

Staff Sgt. Brenda Wisham serves as an Identification Technician and member of the

SEADS Honor Guard at Tyndall.

She joined the U.S. Air Force in 1994, and in 2000 joined the Florida Air National Guard.

Wisham is pursuing her Bachelors of Science degree in Accounting from Florida State University, and is projected to graduate in May.

Honor Guard Manager of the Year

Master Sgt. Lynn Boop is also with SEADS, where he serves as the Superintendent of the Standardization/Evaluation section. He is also the Non-Commissioned Officer in Charge of the SEADS Honor Guard. He began his military career in the U.S. Army in 1989, serving as an Air Traffic Control Specialist. He joined the Florida Air National Guard in 1996. During his first year with SEADS, Boop was selected as the NCOIC of the SEADS Honor Guard.

Each of the airmen was awarded the Florida Distinguished Service

Medal for his or her accomplishments.

Other nominees for the 2004 Outstanding Airmen of the Year included: Staff Sgt. Natalie Hall of SEADS; Senior Airman Christina Gordon of the 125th Fighter Wing; and Senior Airman Richard Mandella of the 290th Joint Communications Support Squadron.

Also competing for Non-Commissioned Officer of the Year were: Tech. Sgt. Matthew Cron of the 290th Joint Communications Support Squadron, and Tech. Sgt. Julie Fisher of the 125th Fighter Wing.

Other competitors for the Senior Non-Commissioned Officer of the Year title were: Senior Master Sgt. Sharon Ervin of the 125th Fighter Wing, and Master Sgt. Troy Herr of the 290th Joint Communications Support Squadron.

Master Sgt. Michael Hall of the 125th Fighter Wing was also a nominee for Honor Guard Member of the Year.



(Left to Right): Tech. Sgt. Julie Fisher, Senior Master Sgt. Sharon Ervin, Chief Master Sgt. Charles Wisniewski, Senior Airman Kristian Kobilis, Senior Airman Christina Gordon, Tech. Sgt. Christie Watson, Senior Airman Richard Mandella, Master Sgt. Carl Collins, Staff. Sgt. Natalie Hall, Master Sgt. Daryl Zoller, Staff Sgt. Brenda Wisham, Master Sgt. Lynn Boop, and State Command Chief Master Sgt. Susan Shonka.

Not pictured in the 13 person group photo is Master Sgt. Troy Herr of the 290th JCSS.

In the Spotlight

Senior Amn. Katie R. Anderson



Anderson, an engineering assistant assigned to the 125th Civil Engineer Squadron, joined the Florida Air National Guard February, 2001.

Anderson transferred here from the 139th Airlift Wing, St. Joe, Missouri, Missouri Air National Guard where she enlisted upon high school graduation in 1999.

She joined the Guard for the life experiences the military offers through travel and educational venues and many other benefits derived from active duty service while offering the stability of remaining near home.

In her duties with CE, Anderson is responsible for tent layout design, all base drawings for maintenance and base design issues.

She currently serves on temporary AGR orders and would like to make the FLANG her full-time career.

Asked why she feels so strongly about the FLANG she said "No matter what kind of situation

(bivouac, etc.) you find yourself in, the people here make it better."

She commented about her most memorable experience as a member of the 125th was the day terrorist attacked America on 9/11.

"I think it changed us all from civilians to the military," said Anderson. "We are more cautious with everything we do. It also brought back the spirit of America, which needed to come back."

Anderson enjoys spending time with her children, putting together photo scrapbooks and reading.

Making wise, healthy decisions important aspect in weight management

*By Capt. Gary Mahanes and Capt. Carol Tompkins
125th Medical Squadron Nursing Services*

Weight management, nutrition and fitness are important in the life of a guardsman.

Our goal in the medical squadron is for each individual to not only pass the Physical Training, but also gain an understanding of self needs related to health and wellness.

Ultimately, attention should be focused on making wise and healthy decisions that have a permanent impact on your lifestyle.

To begin movement toward a goal of health and wellness, good nutrition is important to maintain a fit and healthy lifestyle.

To understand eating habits write down everything eaten in a 24-hour period. Do this for several days. Look at the results and evaluate the amounts of fat, carbohydrates and proteins eaten.

Then compare that intact to the food pyramid. It recommends two to four servings daily of meats, dairy and fruits and vegetables. Note: the pyramid does not cut out fats - it recommends using them sparingly.

For healthy lifestyle change, incorporate an exercise program. It is important to set realistic goals and not expect to see improvements overnight. Begin slowly. For instance,

walking two to three times weekly for twenty minutes each workout provides excellent cardiovascular training.

As comfort level increases raise the intensity of the workout by adding cycling or something enjoyable to the regimen.

Add push-ups, sit-ups and weight lifting to increase flexibility and strength.

The overall goal of good nutrition, health and exercise is to establish and maintain healthy habits.

Changes in habits are beneficial for weight loss, nutrition and overall fitness.

In order to reduce fats and calories in your diet you can trim all visible fat from meat and remove skin from poultry. Use nonstick cookware to reduce use of fat in cooking. Include more fruits and vegetables in the diet. They are lower in calories and add fiber.

When it comes to exercise, be sure to stretch out muscles before and after exercising; stretching after exercising is most important.

Choose exercises that are enjoyable to you: tennis, golfing, cycling, weight lifting, etc.

You'll be more apt to stick to an exercise program if you actually like what you are doing.

Promotions

To Lt Colonel

Bruce M. Carpenter, 125MEDS
Sami D. Said, 159FS
Mark E. Severson, 125OG
Brian M. Simpler, 159FS

David M. Kozdras, 125MXG
James W. Nickles, 125LRS
Mark J. Perry, 125SFS
Daniel L. Sebring, 125FW
Alan B. Seacrest, 125MXG
Allan D. Tenly, 125MXS
Donald G. Waters, 125MXG

Christopher J. Nolan, 125MXG
Benton O. Scott, 125MXS
Benjamin A. Sorrells, 125MXS
Slychet P. Stone, 125AGS

To Senior Airman

Jonathan D. Engler, 125CES
Amy S. Lounsbury, 125MXS
Jenny C. Love, 125LRS
Roger M. Mussone, 125CES
Victor C. Nelson, 125MXS
Kimberly M. Smith, 125MEDS

Welcomes

Capt Richard L. Coffey III, 125MOF
Capt Thad T. Amundson, 159FS
MSGT Amy E. Diederich, 125FW
MSGT Jacqueline E. Landrum, 125MEDS
MSGT Juan M. Perez, Jr., 125LRS
TSgt Harold D. Barger, Jr., 125SFS
TSgt Andre M. Cole, 125LRS
SSgt Dean J. Diana, 125MEDS
SSgt Brandon J. Grubb, 125FW
SSgt Jeraline A. Humphrey, 125OSF
SSgt Gregory E. Larkins, 125MXS
SSgt Jean M. Quiles, 125SFS
SSgt Brett Shopsin, 125SFS
SrA John F. Bowen, Jr., 125MXG
SrA Amy J. Cope, 125MEDS

To Major

George E. Irvin, 159FS

To Captain

Thad T. Amundson, 159FS

To 1st Lieutenant

Brenda F. Brinkley, 125MEDS
Deborah A. Congdon, 125MEDS

To Chief Master Sgt.

Robert W. Phillips, 125MXS

To Senior Master Sgt.

Tina L. Carter, 125LRS
Timothy C. Connahey, 125MXS
Randy A. Hinton, 125CES

To Master Sgt.

Teresa E. Cooper, 125MXG
Peggy T.J. Delgado, 125SFS
Alonzo A. Graham, Jr., 125MXS
Luther W. Hagy, 125MSF
Lynn E. Haslauer, 125CES
Stephen J. Hendrix, Sr., 125FW
James W. Hrabal, 125CES

To Technical Sgt.

Clifton J. Bass, 125SFS
Dennis W. Dean, 125MXS
Jeffrey P. Dipianta, 125OSF
Sara B. Kellogg, 125MSF
Sean D. Killingsworth, 125MXS
Michael F. Lowery, 125MXS
William L. Lunsford, 125CF
Tanja L. May, 125MSF
Aaron M. Melear, 125MXS
Murray L. Nelms, 125LRS
Cheryl L. Sanchious, 125FW
William M. Story, 125MXS
Michael Wilson, 125MXS
Leslie R. Wright, 125MSF

To Staff Sgt.

Jason R. Culberson, 125AMS
Victor T. Dean, 125LRS
David F. Haddock, 125AMS
Philip J. Kelly, 125MXS
Bill G. Ketelsen, 125AGS
Norman M. Knuckle, 125SFS
John C. Kraus, 125SFS
John S. Melitos, 125AMS

Anthony M. Tuosto, 125MXS
Amanda L. Tupper, 125SFS
Daniel A. Wilkinson, 125SF

Farewells

Lt Col Thomas W. Beall, Jr., 125OSF
SMSgt Daniel F. Dehart, 125FW
MSGT Marcia L. Boulis, 125CES
MSGT Howard C. Dawson, 125CES
MSGT Mark R. Lord, 125AGS
MSGT Jackson R. Terrill, 125SFS
TSgt James R. Gillooley, 125AMS

SrA Daniel S. Clemons, 125MXG
SrA Brian K. McQuary, 125AGS
SrA Lee Pejsa, 125CES
SrA Amanda L. Tupper, 125SFS
SrA Tracy L. Vickery, 125SVF
SrA Cotinna S. Wilson, 125MEDS
A1C David R. Fishel, 125SVF
A1C Benjamin C. Noblin, 125SFS
A1C Jamie M. Padgett, 125SVF
A1C Lamar T. Rois, 125MXG
A1C Tyra L. Williams, 125SVF
AB Dustin T. I. Harrison, 125CES
AB Johnathon K. Myers, 125LRS

Florida Air National Guard Retiree Association

Mark your calendar for the spring dinner to be held Thursday, April 22 at the NAS JAX "O" club. We plan to serve the Reef and Beef menu that we always enjoy so well. A social hour will begin at 6 p.m. followed by a 7 p.m. dinner bell.

The price is \$20 per person. Please send your reservations and checks to Jack Stuart 10253 Briarcliff Road East, Jacksonville, Fla. 32218.

The 202nd Red Horse commander, Lt. Col. Jack Paschal, will share some stories about the units experiences rebuilding Baghdad International Airport so please call a friend and come enjoy the evening with a fellow retiree. You'll be glad you did!

Ernie Webster President - FLANGRA



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Florida Air National Guard
125th Fighter Wing (ACC)
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